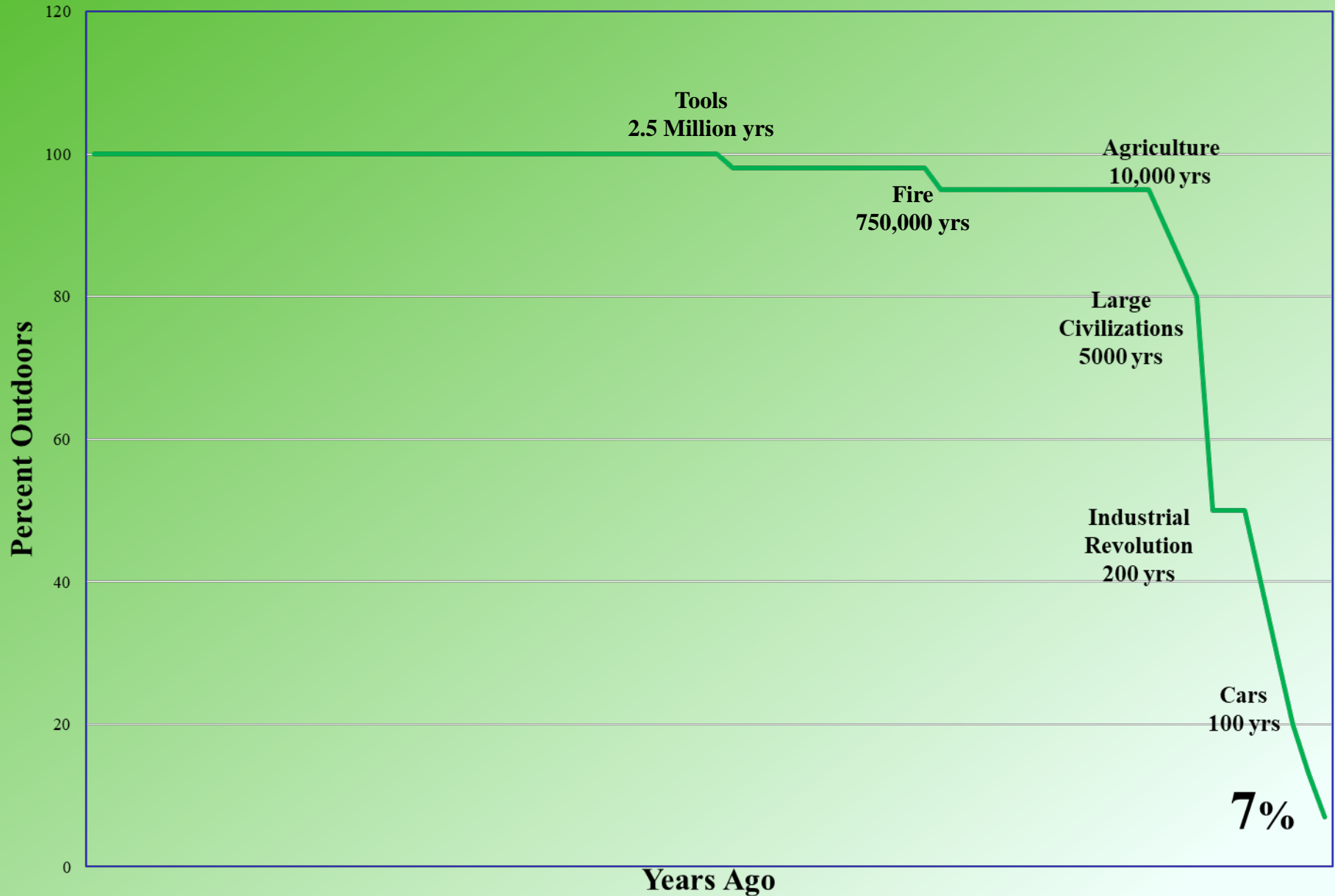


Time Spent Outdoors in Nature





More irritable

Less social

More narcissistic

More distracted

Less cognitively nimble

Higher cortisol levels



Sound (wind, water, birds)

Fragrance (turpenes)

Visual (green/fractals)

**We are full sensory beings
... be mindful.**

CHAPARRAL
Chaparral



Visitor Center
SANTA MONICA MOUNTAINS NATIONAL RECREATION AREA





The San Dimas Canyon Nature Center Associates
and the Los Angeles County Department
of Parks and Recreation
present the

2018 San Dimas Ho'olaule'a

*A fundraiser for nature programs and the feeding and
care of the San Dimas Canyon Nature Center animals*

June 9 Saturday 10am to 6pm
June 10 Sunday 10am to 6pm



Down with the frontal lobe, up with the cerebellum!

**“How happy I am to be able to walk among the shrubs, the trees, the woods, the grass
And the rocks! For the woods, the trees and the rocks give us the resonance we need.”**

- *Beethoven*

**We experience ourselves, our thoughts and feelings,
as something separated from the rest –
a kind of optical delusion of consciousness.**

**This delusion is a kind of prison for us, restricting us to our personal desires
and to affection for a few persons nearest to us.**

**Our task must be to free ourselves from this prison
by widening our circle of compassion
to embrace all living creatures,
and the whole of Nature in its beauty.**

- *Albert Einstein*